RISK ASSESSMENT AND METHOD STATEMENT (RAMS)

Business name

Document: RAMS-001 Rev 1
Prepared: 9 Nov 2026
Review by: 9 Dec 2026
Highest risk after controls: Medium

1. BUSINESS AND JOB DETAILS

Job	Bathroom tiling	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Tiling

2. WORK INVOLVING PARTICULAR RISKS (CDM 2015 SCHEDULE 3)

	Risk of burial under earthfalls, engulfment in swampland or falling from a height, made worse by the work, processes or site		Work on wells, underground earthworks and tunnels
YES	Chemical or biological substances that are a particular danger, or that need health monitoring by law		Divers with a system of air supply
	Ionising radiation needing controlled or supervised areas		Work in caissons with a compressed air atmosphere
	Work near high voltage power lines		Use of explosives
	Risk of drowning		Assembling or dismantling heavy prefabricated components

3. RISK ASSESSMENT

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
1	Check waterproofing is done and cured	Hazardous chemicals Rules: COSHH Regulations 2002	Workers, Occupants. How: Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and poisoning.	**Medium (9) Possible / Lost time injury**	1.1 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute] 1.2 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)] 1.3 Do a COSHH assessment and read the Safety Data Sheet (SDS) before use. [Control (procedures)] 1.4 Keep chemicals in labelled containers. Never decant into drink bottles. [Control (procedures)] 1.5 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Control (procedures)] 1.6 Have eye wash and a spill kit nearby, and wash hands before eating. [Control (procedures)] 1.7 Wear chemical-resistant gloves and safety glasses or goggles as listed on the SDS. [PPE] 1.8 Use a respirator with the right cartridge if the SDS calls for one. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
2	Mix adhesive with gloves, mask and	General dust Wet concrete and	Workers, Occupants, People nearby.	**Medium (9) Possible / Lost time**	2.1 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Reduce / substitute]	**Medium (6) Unlikely / Lost time**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
	paddle mixer	cement burns Injury from power tools Rules: Provision and Use of Work Equipment Regulations 1998 (PUWER)	How: Dust from plasterboard, filler, cement and clean up irritates eyes and lungs and makes it hard to see. Wet concrete, mortar and cement burn skin and eyes. Burns can be deep and are often not felt until later.	**injury**	2.2 Seal off the work area with plastic sheeting in occupied buildings. [Isolate] 2.3 Use tools with dust extraction and a vacuum for clean up. [Control (engineering)] 2.4 Lightly mist the area with water to keep dust down, away from anything electrical. [Control (engineering)] 2.5 Never dry sweep or blow dust off with compressed air. [Control (procedures)] 2.6 Use long-handled tools and pumps to cut down contact. [Control (engineering)] 2.7 Wash concrete off skin straight away with clean water. [Control (procedures)] 2.8 Have clean water and eye wash where concrete or mortar is mixed and used. [Control (procedures)] 2.9 Do a COSHH assessment for cement, lime and mortar, and check hands regularly for early signs of dermatitis. [Control (procedures)] 2.10 Wear waterproof gloves, long sleeves and waterproof boots with trousers worn over the top. [PPE] 2.11 Wear safety glasses or goggles to stop splashes. [PPE] 2.12 Keep all guards fitted and working. Never tie back or remove a guard. [Control (engineering)] 2.13 Clamp or secure the work piece. Do not hold it by hand. [Control (engineering)] 2.14 Only trained, competent people use power tools, following the maker's instructions. [Control (procedures)] 2.15 Check tools before use. Unplug or remove the battery before changing blades or bits. [Control (procedures)] 2.16 No loose clothing, jewellery or long hair near spinning parts. [Control (procedures)]	**injury**	
3	Cut tiles wet or outside, with extraction for dry cuts	Silica dust from concrete, brick, stone and tiles Saw cuts and kickback Loud noise Rules: COSHH Regulations 2002; Provision and Use of Work Equipment Regulations 1998 (PUWER); Control of Noise at Work Regulations 2005	Workers, People nearby. How: Cutting, grinding or drilling concrete, brick, stone, tiles or fibre cement makes fine silica dust that causes silicosis and lung cancer. Circular saws, drop saws and table saws cut fingers and hands or throw material back at the user.	**Very high (20) Likely / Fatal**	3.1 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Reduce / substitute] 3.2 Cut outdoors or in a separate area, with other people well away and upwind. [Isolate] 3.3 Use water on the blade or on-tool dust extraction connected to an H-class vacuum. [Control (engineering)] 3.4 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Control (procedures)] 3.5 Do a COSHH assessment and keep exposure below the workplace exposure limit (0.1 mg/m3 respirable crystalline silica, 8 hours). [Control (procedures)] 3.6 Workers regularly exposed to silica dust get health surveillance (COSHH reg 11, HSE G404). [Control (procedures)] 3.7 Wear a fit-tested FFP3 mask. [PPE] 3.8 Keep blade guards fitted and working, and use the riving knife on table saws. [Control (engineering)]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					3.9 Use push sticks and clamps, and support long pieces so they do not pinch the blade. [Control (engineering)] 3.10 Use a sharp, undamaged blade made for the material. [Control (procedures)] 3.11 Stand to one side of the blade line, out of the kickback path. [Control (procedures)] 3.12 Let the blade stop fully before reaching in or putting the saw down. [Control (procedures)] 3.13 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute] 3.14 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 3.15 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)] 3.16 Limit time on noisy tools and rotate workers. [Control (procedures)] 3.17 If you have to shout to be heard by someone 2 metres away, the noise is probably 85 dB(A) or more: wear hearing protection. [Control (procedures)] 3.18 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)]		
4	Lay tiles on knee pads, carrying large tiles with two people	Lifting and carrying heavy loads Repetitive work and awkward postures Cuts from sharp edges Rules: Manual Handling Operations Regulations 1992	Workers. How: Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees. Doing the same movement for hours, kneeling or working overhead causes long-term damage to joints, muscles and tendons.	**High (12) Likely / Lost time injury**	4.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 4.2 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 4.3 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 4.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 4.5 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 4.6 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute] 4.7 Set work up at waist height on benches or trestles where you can. [Control (engineering)] 4.8 Use light tools with good grips, and keep blades and bits sharp. [Control (engineering)] 4.9 Rotate tasks and take short breaks every hour on repetitive work. [Control (procedures)] 4.10 Warm up before heavy physical work and report aches and pains early. [Control (procedures)] 4.11 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Control (engineering)] 4.12 Use knives with retractable or self-retracting blades. [Control (engineering)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					4.13 Cut away from your body and keep your other hand clear. [Control (procedures)] 4.14 Put used blades in a blade bin or sharps container. [Control (procedures)] 4.15 Use two people to handle large sheets of metal or glass. [Control (procedures)]		
5	Grout and clean, keeping floors dry	Slips and trips Hazardous chemicals Rules: COSHH Regulations 2002	Workers, Visitors, Public, Occupants. How: Workers slip on wet or muddy ground or trip on leads, offcuts and uneven ground, causing sprains, broken bones or head injuries. Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and poisoning.	**Medium (9) Possible / Lost time injury**	5.1 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate] 5.2 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)] 5.3 Fill or cover holes, and lay boards or mats on muddy access paths. [Control (engineering)] 5.4 Clean up offcuts, packaging and spills as you go, not at the end of the day. [Control (procedures)] 5.5 Keep work areas, stairs and access paths well lit. [Control (procedures)] 5.6 Wear safety boots with good grip, laced up. [PPE] 5.7 Hazardous chemicals: see step 1 for the full controls [Control (procedures)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor

Risk key: risk = likelihood x consequence on a 5 x 5 matrix. Low, Medium, High, Very high. Work must not start while the risk after controls is high or above. Controls are listed in order of the hierarchy of control (eric-pd): Eliminate, Reduce / substitute, Isolate, Control (engineering), Control (procedures), PPE.

4. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely
1	Check waterproofing is done and cured	Choose the least harmful product that does the job, for example water-based instead of solvent-based. Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. Do a COSHH assessment and read the Safety Data Sheet (SDS) before use.
2	Mix adhesive with gloves, mask and paddle mixer	Use low-dust products, such as dust-reduced or pre-mixed compounds. Seal off the work area with plastic sheeting in occupied buildings. Use tools with dust extraction and a vacuum for clean up.
3	Cut tiles wet or outside, with extraction for dry cuts	Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. Cut outdoors or in a separate area, with other people well away and upwind. Use water on the blade or on-tool dust extraction connected to an H-class vacuum.
4	Lay tiles on knee pads, carrying large tiles with two people	Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand.
5	Grout and clean, keeping floors dry	Plan walkways and keep them clear of materials, hoses and leads. Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. Fill or cover holes, and lay boards or mats on muddy access paths.

5. PPE AND PERMITS

Required PPE	Permits and plans
Safety glasses FFP3 dust mask Knee pads Chemical-resistant gloves Ear defenders Safety boots Safety goggles Half-mask respirator (P3 filters) Coveralls Rigger gloves Cut-resistant gloves	None required

6. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Wet tile cutter		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Angle grinder (disc cutter)		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Hand tools					
Power drill		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			

7. CREW COMPETENCY, TICKETS AND LICENCES

Crew listed at sign-on below, with ticket and licence numbers.

8. EMERGENCY ARRANGEMENTS

Emergency number	999	**First aid kit**	In the work vehicle
Fire extinguisher	In the work vehicle	**Alarm and evacuation**	Shout "Fire" or "Stop" and use the site alarm. Stop work, make the area safe and go to the assembly point. Do not go back in until the supervisor says it is safe.
Reporting incidents	Report reportable incidents to HSE under RIDDOR 2013 (hse.gov.uk/riddor).		

9. SITE ARRANGEMENTS

Welfare	Toilets, drinking water, hand washing and a break area on site	**Security and access**	Work area fenced or kept locked when unattended. Tools and materials secured. Public kept out.
Environmental and waste	Waste goes in a skip or the van and is taken away by a registered waste carrier, with waste transfer notes kept (duty of care). Hazardous waste such as asbestos is kept separate and consigned correctly. Dust and noise kept to a minimum. No run-off into drains.		

10. MONITORING, REVIEW AND LEGAL BASIS

The supervisor checks the controls at the start of each shift and during the work. Stop work and review this RAMS if the work, the crew or the site conditions change, after any incident or near miss, or if the principal contractor asks.

Legal basis: Management of Health and Safety at Work Regulations 1999 and the Construction (Design and Management) Regulations 2015. Employers must assess the risks of their work and record the significant findings (required where you employ 5 or more people). On CDM projects, contractors give their RAMS to the principal contractor before starting, and brief the workers on it.

Keep this RAMS, every revision and the signed briefing register with the site file for the length of the job, and keep a copy in your records afterwards.

11. REVISION HISTORY

Rev	Date	By	What changed
1	9 Nov 2026		First issue

12. APPROVAL AND BRIEFING REGISTER

	Name	Signature	Date	
Prepared by				
Approved by				
Supervisor				
Principal contractor review				Accepted for use: Yes / No

By signing below, each person confirms this RAMS was explained to them in a site briefing, they understand it and will follow it, and they will stop work and tell the supervisor if anything changes.

Name	Role / company	Tickets / licences	Inducted	Signature	Date

Name	Role / company	Tickets / licences	Inducted	Signature	Date